

# Resentment Worksheet

Name: Elena Rivera

Age: 28

Date: December 30, 2023

## Identifying Resentment

Describe a recent situation where you felt resentment:

Felt deep resentment when my younger sister was praised excessively by our parents for achievements that seemed minor compared to mine.

Who was involved in this situation?

My parents and younger sister, Sofia.

What specifically triggered your feelings of resentment?

The exaggerated praise and attention my sister received for her college admission, which was less prestigious than my academic achievements.

## Understanding the Impact

How did feeling resentful affect your thoughts?

I constantly thought that my parents favor Sofia and that my efforts are always overlooked.

How did it impact your behavior and interactions with others?

) I became distant from my family and started avoiding conversations with them.

What physical or emotional sensations did you experience?

Felt a constant knot in my stomach and a mix of anger and sadness.

## Exploring Underlying Emotions

What other emotions did you feel in this situation?

Anger

Hurt

Fear

Sadness

Others:

Why do you think these emotions were present?

I felt hurt because I've always strived for parental approval, and sadness due to feeling neglected and undervalued. I am angry with frustration that no matter how hard I try, nothing changes.

## Patterns of Resentment

Have you noticed a pattern in the situations where you feel resentment?

Yes, mainly in family situations where Sofia is involved.

What are the common themes or characteristics of these situations?

I feel resentment when my achievements are overshadowed by Sofia's actions, regardless of their significance.

## Coping Strategies

What strategies have you used in the past to cope with resentment?

Tried to suppress my feelings and focus on work.

How effective were these strategies?

Not effective. The resentment persists and sometimes intensifies.

What new strategies can you try?

Open communication about my feelings with my family and seeking therapy for unresolved issues.

## Letting Go of Resentment

Identify one step you can take to address or let go of your resentment.  
Initiate a conversation with my parents about my feelings.

How will you implement this step?  
Plan a family meeting next weekend to express my feelings in a non-confrontational manner.

Set a date to review your progress: January 15, 2024

## Mental Health Professional Details

Name of Professional: Dr. Lucas Bennett

Name of Practice: Mindful Horizons Counseling

Additional Notes, Observations, and Recommendations:  
Elena exhibits a pattern of internalizing resentment, especially in familial contexts. Recommended exploring family dynamics in therapy and techniques for assertive communication.

Date of Review: December 30, 2023